

# Corned Beef

U.S.	Ingredient	Metric
2 ½ qt.	Water, pure or bottled	2400 ml
5 Tbs.	Salt	100.0 g
5 Tbs.	Sugar , brown, packed	60.0 g
2 Tbs.	Cure #1	40.0 g
1 Tbs.	Pepper, black, cracked	8.0 g
1 tsp.	Allspice, crushed	2.0 g
½ tsp.	Garlic, powder	2.0 g
¾ tsp.	Pepper flakes, red	1.0 g
1 tsp.	Bay leaf, crushed	1.0 g



***Trimmed and ready for pumping!***

Note: I used metric weight/volume measurement for better control of ingredients. The U.S. measurements are an approximation of the metric measurement.

**Note: 2 ½ quarts of brine is sufficient to cure 5 lb. of Beef brisket (2.3 Kg). 1 cup of brine weighs approximately 250 grams (8.9 oz.)**



***Corned and ready for cooking!***

## Method:

1. Trim brisket of excess fat; chill brisket to 38°F (4°C)
2. Prepare the brine by dissolving only the salt, sugar, and cure in warm water; refrigerate to cool the solution to 38-40°F.
3. Pump the brisket 15% of its original weight and pack loosely in a non-reactive container; *Note: brine will contain 148 PPM nitrite if prepared as above and used as 15% pump on 5 pounds of brisket.*
4. Place all dry spices (except garlic) in a mortar and grind to very coarse consistency; then add all to the remaining brine to cover the, stirring the whole very well.
5. Allow to cure for 3 days at 38°F (4°C). Note: if brisket is not pumped, hold at 38°F (4°C) for at least 10 days for 5 pound brisket (about 2 days per pound of brisket).
6. Cook before eating.
7. Place corned brisket in a large pot; add enough water to cover. Bring the whole to boil, then reduce the heat, and simmer until the meat is tender, about 3-4 hours.

